



Fresno County Department of Behavioral Health's "Prevention & Early Intervention (PEI) Providers Programs"

Hosted their 2nd Annual Cultural Celebration on March 24. FAIHP's CBANS program, and our Community Garden are partners of the PEI Programs and we were so excited to be a part of this beautiful celebration of diversity.

FAIHP, along with other different cultures involved in the Horticultural Therapeutic Program, came together to showcase our Gardens and our organization's services for the afternoon. We shared lunch which was a huge array of traditional foods from many regions of the world, followed by exhibitions of dances and music which amazed us all. FAIHP's Pete Molina provided a yummy soup of the traditional 3 Sisters (corn, beans & Squash), and Pascal Casey sang strong and proud while playing his hand drum....thank you Pascal. We were further delighted when many of our Clubhouse youth joined us. It was a great experience to learn of so many more resources available for our County's diverse population. We can't wait for next year's celebration!



"Fatherhood is Sacred" Family Day BBQ

FAIHP and Owens Valley Career Development Center hosted a day of fun and games at Woodward Park for the families of our "Fatherhood is Sacred" Program. What a perfect day it was! We played volleyball, watched the ducks in the pond, enjoyed plain ol' kick back time, shared lots of laughs and of course, our hearts. The kids had a blast and what a joy it was to see so many smiles and such pride in our fathers throughout the day.



Big thanks to Kit, Nichole, and Betsy of Owens Valley for providing the yummy steaks, asparagus, potatoes, and all the trimmings, games, and their huge warmth. Special thanks to our own Chief "Mo" for preparing the best

bbq in the valley! Our hats off to Tony for continuing to introduce us to the "vegan" way, and as always, much appreciation to Ruben for adding everything else needed. We hope to start another group soon.

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In order to save the environment and save on cost we would like to know if you would like to start receiving our newsletter electronically via your email? The benefits are less paper and the digital version is in full color. Please see the last page of the inserted Survey and send in to FAIHP. Thank You

The next Community Advisory Board meeting will be Monday, April 18, 10-12PM Please join us, your voice is important! We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490



CLUBHOUSE NEWS

This month at Clubhouse Renee I. (Registered Dietician) and Amber M. (Outpatient Therapist) visited to teach us how to live healthy lives. Renee taught us all about what foods give us protein and how to juggle! Turns out juggling can burn almost as many calories as jogging!



Amber M. asked Clubhouse youth to draw a life size picture of someone we love. These drawings included



our family, friends, and our teachers. This activity was a good reminder to all of us to remind those people



that we love how much we really do love them; this is always a nice reminder to hear.

Clubhouse youth also had great discussions about what our gifts or talents are. A large majority of our youth love to express themselves through crafts such as painting, drawing, or making things with clay. Kevin P. (Youth Services Director) donated his truck for the week to be painted! Our youth were

asked to demonstrate their gifts and talents of art on the truck with paint. As you can see we had a great time with this activity being outside and talking about the pictures we painted.



MSPI:

Our teens had a busy month of March! Our teens attended the Wukchumni Spring Break camp at the Quaker Farm in Visalia. During this trip our teens learned more about the Wukchumni culture, did activities using the GONA components, and took a day trip to San Luis Obispo.



Kevin P. and Domingo R. took our youth to a Bakersfield Condors hockey game where they were given free entrances and jerseys!



Our Youth Council President Ariana M. (Jingle Dancer) danced in the Chinese New Year Parade to represent FAIHP and her Native

culture. She was supported by youth council members who also walked in the parade.





APRIL IS NATIONAL LAWN AND GARDEN MONTH

What should you start planting?

Start planting herbs

- o These are great to have in your garden because they can be used to flavor food without adding a lot of extra calories.
- o They are easy to plant and a yard is not needed. They can be planted in pots and kept on the patio or balcony.
- o Examples of herbs that are easily planted are basil, thyme, and sage. These are great herbs that will make your food very flavorful.



What fruits and vegetables are in season in April?

Vegetables in Season

Artichokes	Arugula	Asparagus
Beets	Bok Choy	Broccoli
Brussel Sprouts	Cabbage	Cardoons
Carrots	Cauliflower	Celery
Chard	Chicory	Collard Greens
Dandelion Greens	Endive	Fava Beans
Fennel	Garlic	Herbs
Horseradish	Kale	Leeks
Lettuce	Mushrooms	Mustard Greens
Onions	Parsnips	Peas
Radishes	Scallions	Spinach
Sprouts	Tatsoi	Turnips

Fruits in Season

Avocados	Cherimoyas	Cherries
Grapefruit	Guavas	Kumquats
Lemons	Limes	Mandarins
Oranges	Rhubarb	Strawberries

What are the benefits to buying in season fruits and vegetables?

- Typically fruits and vegetables that are in season will cost less, so buying in season is important to help you save money while still getting a variety of fruits and vegetables in your diet.
- It is great to buy a variety of fruits and vegetables so that you get the different vitamins and minerals that each food contains.

For Example:

- o Asparagus is a great source of Vitamin K
- o Beets are a great source of iron
- o Mushrooms are a great source of Vitamin D
- o Oranges are a great source of Vitamin C



WERE YOU BORN BETWEEN 1945 AND 1965?

You should get tested for Hepatitis C

What is hepatitis?

“Hepatitis” means inflammation of the liver. Toxins, some drugs, some diseases, heavy alcohol use, bacterial and viral infections can all cause hepatitis. Hepatitis is also the name of a family of infections that affect the liver; the most common types are Hepatitis A, B, and Hep C.

What is the difference between Hepatitis A, Hepatitis B, and Hepatitis C?

They are all caused by three different viruses. They have similar symptoms, but have different modes of transmission and can affect the liver differently. Hepatitis C can begin as an acute infection, but in some people, the virus remains in the body, resulting in chronic disease and long-term liver problems. There are vaccines to prevent Hepatitis A and B; but not one for Hepatitis C. If a person has had one type of hepatitis in the past, it is still possible to get the other types.

How is Hepatitis C spread?

It is spread through blood, from person to person. Before 1992 blood was not tested for the virus. Today most Hep C is spread through sharing needles from IV drug users.

Who should be tested for HCV infection?

- Persons born from 1945 through 1965
- Persons who have ever injected illegal drugs
- Recipients of clotting factor concentrates made before 1987
- Recipients of blood transfusions or solid organ transplants before July 1992
- Patients who have ever received long-term hemodialysis treatment
- Persons with known exposures to Hep C, such as:
 - o health care workers after needlesticks involving Hep C positive blood
 - o recipients of blood or organs from a donor who later tested HCV-positive
- All persons with HIV infection
- Patients with signs or symptoms of liver disease (e.g., abnormal liver enzyme tests)
- Children born to Hep C positive mothers

What are the symptoms of acute Hepatitis C?

Most people with acute Hepatitis C do not have any symptoms. Some people, can have mild to severe symptoms soon after being infected, including:

- Fever, fatigue, nausea, vomiting, loss of appetite, stomach pain, dark urine, yellow skin

How is it treated?

There are now medications that have minimal side effects to treat Hep C. These medications are usually very expensive, but there are programs to assist. If you have been diagnosed it is extremely important that you receive medical care. Hepatitis can cause liver failure, and even death.

More than 75 percent of American adults with hepatitis C are baby boomers



GONA2016

GONA Training of Facilitators **April 26-29, 2016**

at American Legion Post 509
3509 N. First Street, Fresno, CA 93726
RSVP/Register online (space is limited)

Goals of the training:

1. To provide a training experience that offers hope, encouragement, and a positive basis for Native community action.
2. To provide Native communities with a framework to examine historical trauma and it's impact on alcohol and substance abuse issues today.
3. To provide a training experience that emphasizes skills transfer and community empowerment.
4. To present a prevention strategy framework that is based on values inherent in traditional native cultures such as belonging, mastery, interdependence, and generosity

Training qualifications:

1. You are Native American
2. You have experience facilitating healing, wellness and prevention workshops
3. You are a team player
4. You have excellent inter-tribal group facilitation skills
5. You understand the process of addiction, recovery and prevention of alcohol, tobacco and other drug issues.
6. You have experience conducting action planning with inter-tribal groups.
7. You demonstrate your own on-going personal wellness program(good role model)

Register online at: <https://www.surveymonkey.com/r/FresnoGONATOF>



FAIHP
Fresno American Indian Health Project

For more info call:
(559)320-0490



Contact for more information: Amber Molina or Michelle Cabral 559-320-0490

Healthy snacks will be provided.



www.faihp.org

APRIL 2016

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MAY 2016

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All events are subject to change. Please call for more info (559)320-0490



FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139
Fresno, CA 93710
559.320.0490
Fax: 559.320.0494
www.faihp.org



Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project
1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

OUR BOARD OF DIRECTORS

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